CARDIO ENDURANCE/PERSONAL FITNESS

INTRODUCTION

This course’s primary focus is on examining the benefits of and improving cardiovascular endurance and its impact on a healthy lifestyle. Students will learn to set their own goals and develop their own personal fitness plan. Students will use fitness principles to meet their fitness goals in both cardio exercises but also a variety of circuit training activities.

# Outcomes

* To expose students to a wide variety of fitness and wellness opportunities that will be carried over to adult life.
* To improve fitness levels for students of any level.
* To allow students to assess and evaluate their fitness levels and lifestyle.
* To help student realize that personal fitness is individualized and that they are only competing against themselves.

Evaluation (Based on 270 pts)

* Preparation, participation, effort 135 points
* Notebook (include notes, handouts, activity sheets) can vary
* Homework can vary
* Personal Fitness Project 75
* Assessments can vary
* Final 35

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have agreed to properly participate in Cardio Endurance class for the 2011-2012 school year. I am fully aware that I chose to be in this class and therefore am prepared to fully engage myself in class discussions, physical activities, homework, tests, assessments, and other criteria needed, in order to successfully fulfill my requirements for the course.